



UCCOOK

Honey-sesame Chicken Salad

with baby tomatoes & croutons

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Morgan Barnard

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	536kJ	3656kJ
Energy	128kcal	875kcal
Protein	7.5g	51.2g
Carbs	11g	76g
of which sugars	4.3g	29g
Fibre	3g	20.2g
Fat	6.3g	43.1g
of which saturated	1.2g	8g
Sodium	175mg	1191mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
150ml	200ml	Honey-Sriracha Sauce <i>(60ml [80ml] Honey, 30ml [40ml] Sriracha Sauce, 45ml [60ml] Low Sodium Soy Sauce & 15ml [20ml] Apple Cider Vinegar)</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
90g	120g	Croutons
2	2	Spring Onions <i>rinse & slice</i>
2	2	Avocados
150ml	200ml	Sesame Yogurt Dressing <i>(120ml [160ml] Greek Yoghurt, 7,5ml [10ml] Sesame Oil & 22,5ml [30ml] Rice Wine Vinegar)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. **CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with honey-sriracha sauce. Remove from the pan with all the pan juice and rest for 5 minutes before slicing and seasoning.

2. **AVO** Halve the avocados and remove the pips. Keeping the flesh intact, peel the skin off one and a half **[all]** the avocados. Thinly slice and set aside.

3. **JUST BEFORE SERVING** In a bowl, combine the green leaves, the tomato, the pickled onion, the croutons, the spring onions, and a drizzle of olive oil, toss to combine, and season.

4. **DINNER IS READY** Bowl up the loaded salad, top with sliced chicken, and all the sauce. Top with the avocado slices, and drizzle over the sesame yoghurt dressing. Cheers, Chef!